

[Print Article](#)

Discover the expert in you.

# Prescription Drug Abuse For Chronic Pain

By Amie Comeau, eHow Contributor

Use of prescription medicine for chronic pain starts rather innocently. Most people begin to use these medicines because of a very specific need. Some people can stop using these medicines easily, while others may develop an addiction and continue to abuse the drug beyond its medical value.

## Kinds of Pain Medicine

Over-the-counter pain medicine like Advil, Tylenol or Aleve can be abused but are rarely addictive. Other pain medicines that are opiate-based tend to be psychologically or physically addictive. Some examples are Hydrocodone, Oxycodone, Vicodin and Darvocet. Use of these medicines for prolonged periods of time, or without any pain, indicate prescription drug abuse.

## Use or Abuse

Dependency is expected with many pain medicines, and your doctor can suggest alternative therapies to help you recover. If abused, these medications can have a negative effect on your digestive organs, heart and nerves. When your doctor clears you of your pain medications, it is time to stop using them. In some cases, you may not feel prepared to discontinue use and face withdrawal symptoms. Continued use that develops into abuse requires professional consultation because your body and mind can not clarify pain from addiction.

## Seeking Help

It is possible to discontinue using pain medicines. Prescription drug abuse does not need to be related to chronic pain. Taking prescription drugs for nonmedical, recreational use is also considered abuse. If you cannot stop

using these drugs on your own, find a professional counselor to assist you. It is necessary to see a doctor for other drug therapies like suboxone or narcan treatment.

## Potential for Relapse

Chronic pain management has many factors that affect its success. At any stage of recovery, a person can relapse back into self-medication. This is an ordinary response in addiction treatment, but developing a system of support for your sobriety will increase the likelihood of staying sober.

## Side Effects of Overmedication

Continuing to abuse prescription pain medicines can result in mental health disorders, shaking, sweating, heart problems and death. The initial withdrawal symptoms are temporary. Surrounding yourself with support in recovery is essential to ending the abusive cycle. It is important to process your pain symptoms apart from the withdrawal symptoms. Enabling an addiction with continued medication can increase the negative side effects of the drug.

## Resources

- [Opioid Treatment Locator](#)
- [Prescription Drug Index](#)